

## **Cross Training**

### ***Get Fit and Don't Quit***

Are you tired of doing the same exercise day after day? Do you have trouble sticking to a fitness program? Or, do you get bored easily with the different exercise programs you have tried? If you answered yes to any of the questions, cross training may be the perfect fitness program for you.

According to the American Association of Orthopaedic Surgeons, cross training involves three components including: aerobic exercise, strength training and flexibility.

Aerobic exercise, such as, walking, stair climbing and rollerblading, will improve your cardiovascular capabilities. Weight lifting, push-ups, which are forms of strength training, help develop muscle mass, while flexibility exercises keep you limber. By incorporating these three components and picking fun activities, you are more likely to stick to your program.

“For those individuals starting an exercise program, cross training is excellent,” said Dr. Mark DiLella, orthopaedic surgeon at OrthoIndy.

“Cross training uses different muscle groups, providing a total body workout. It also allows individuals to pick activities they are interested in, keeping them engaged in the workout, decreasing the chances of quitting,” said Dr. DiLella. “Not only will you more than likely stick to the program, but you will decrease your chances of having an injury.”

Like any fitness activity, there is a chance for injury. Individuals who only do one type of exercise are more prone to injury because they are focusing on a small group of muscles. Overuse injuries are decreased in a cross training program because you are working a number of muscles instead of a select few, more frequently.

“There are always risks associated with sports, however by cross training, you will increase your endurance, flexibility and lessen the chances of injuries associated with your activities,” said Dr. DiLella.

In most cases, if an injury occurs to an individual that only does one specific workout, he or she may be unable to perform their normal work out routine. However, if you are cross training, there is high chance that you will not give up all the components of your program, and will continue to workout.

Cross training isn't just for serious athletes. If you are looking for a program to get fit and not quit, starting a cross training program is perfect for you.

### **Starting a Cross Training Program:**

- Consult your physician to determine if it is safe to start the program.
- Select an activity that interests you, such as dancing or gardening.
- Do activities that you have prior experience in, such as a high school sport.

- Do at least 30 minutes of moderate activity, three times a week.
- Twice a week do 30 minutes of strength training, working each muscle group.
- Stretch every day to increase flexibility and decreases the chance of injuries.
- Like any exercise, your cross training program will increase your chances for a longer and healthier life.

For further information on cross training, please call OrthoIndy at (317) 884-5342 or visit [www.orthoindy.com](http://www.orthoindy.com).